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Scriptures, Questions, & AssignmenT

1. What did you learn from your study of Ezekiel 20:1-26, and Mark 2:23 – 3:6 this past week?
2. Where have you experienced burnout in your life? What have you found helpful in dealing with it?

Carey Nieuwhof: *Your time off can't save you if the problem is how you spend your time on. The problem for most exhausted and depleted leaders isn't how you spend your time off, it's how you spend your time on.* (From an article titled [Why Your Time Off Will Never be Enough to Truly Destress You](#), by Carey Nieuwhof. [Click here](#) to read the article.)

Matthew 11:28-30 (MSG): *"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."*
([Matthew 11:28-31](#), the Message)

Desire of Ages, page 329: *[Jesus] knows by experience what are the weaknesses of humanity, what are our wants, and where lies the strength of our temptations; for He was in all points tempted like as we are, yet without sin. He is watching over you, trembling child of God. Are you tempted? He will deliver. Are you weak? He will strengthen. Are you ignorant? He will enlighten. Are you wounded? He will heal ... "Come unto Me," is His invitation. Whatever your anxieties and trials,*

spread out your case before the Lord. Your spirit will be braced for endurance. The way will be opened for you to disentangle yourself from embarrassment and difficulty. The weaker and more helpless you know yourself to be, the stronger will you become in His strength. The heavier your burdens, the more blessed the rest in casting them upon the Burden Bearer ...

(Desire of Ages, page 329)

3. Why did God give us the Sabbath? How can it help you deal with difficulties in your life?

Proverbs 3:5-6 (NIV): *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6, NIV)*

Mark 2:27-28 (NLT): *“The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!” (Mark 2:27-28, NLT)*

Matthew 23:2-5 (NLT): *“The teachers of religious law and the Pharisees are the official interpreters of the law of Moses. So practice and obey whatever they tell you, but don’t follow their example. For they don’t practice what they teach ... Everything they do is for show ...” (Matthew 23:2-5, NLT)*

Ezekiel 20:11-12 (NLT): *“... I gave them my decrees and regulations so they could find life by keeping them. And I gave them my Sabbath days of rest as a sign between them and me. It was to remind them that I am the LORD, who had set them apart to be holy.” (Ezekiel 20:11-12, NLT)*

Isaiah 58:13-14 (NLT): *“Keep the Sabbath day holy. Don’t pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD’s holy day. Honor the Sabbath in everything you do on that day, and don’t follow your own desires or talk idly. Then the LORD will be your delight. I will give you great honor and satisfy you with the inheritance I promised to your ancestor Jacob. I, the LORD, have spoken!” (Isaiah 58:13-14, NLT)*

Isaiah 41:13 (CEV): *“I am the LORD your God. I am holding your hand, so don’t be afraid. I am here to help you.” (Isaiah 41:13, CEV)*

Assignment

Spend a bit of time this week considering **Psalms 103 & 104**. Most of us are a bit familiar with Psalm 103 but not so much with 104. Many commentators believe they were part of the same Psalm at one time and got split. They certainly have some similar characteristics.

- This week, read **Psalms 103 & 104** several times – try reading them in several different translations.
- What do you find comforting in these passage?
- Is there anything about these passages that makes you uncomfortable? Why do you think that is?
- According to these passages Who is God what is He like?
- Do you find the picture of God in these passages attractive? Why or why not?
- What is the most important thing you are learning from these passages?
- How will what you have learned affect the way you live your life? Why?